

(TMI Focus, Vol. XXVIII, Nos. 3 & 4, Summer/Fall 2006)

BOOK REVIEW

Deepak Chopra, MD. *Life After Death: The Burden of Proof*. New York: Harmony Books, a division of Random House, Inc., 2006. 282 pp. \$24.

Reviewed by Laurie A. Monroe

I was honored to receive an advance copy of this book and to be asked for my comments. Like millions of others, I've always been a huge fan of Deepak Chopra's, and I couldn't wait to discover his "take" on a subject so very significant to those of us here at the Institute. After all, since 1991 our residential *LIFELINE*® program has offered participants the unique opportunity to move into states of consciousness beyond this physical-matter reality and to directly explore the "afterlife" from a variety of perspectives. To this day, our biggest thrill at the conclusion of a *LIFELINE* is to hear, "I now KNOW that my consciousness survives physical death!"

First of all, Chopra is a terrific writer. He deftly weaves this book around the engaging parable of a woman hero, Savitri, and the enemy she must defeat, Yama, the lord of death. Seamlessly interspersed throughout the account are personal stories, mystical and religious teachings, concepts from quantum physics, theories of consciousness, and the latest findings in related scientific research.

One recurrent theme is that self-exploration is the most important thing one can do in order to prepare for the afterlife. Chopra states: "To see this proof, we must expand the boundaries of consciousness so that we know ourselves better. If you know yourself as someone beyond time and space, your identity will have expanded to include death. The reason that human beings keep seeking fulfillment beyond the stars is that we sense that our own mystery lies there, not here in the realm of physical limitation" (p. 26). I could go on and on, but the bottom line is that I cannot recommend this book highly enough. It is a dear, precious—even sacred—treasure.

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